

# Twin Pines Activity Kit

Here's another 'Packet of Fun'! This is Kit #8.  
Hang in there! We'll pull through this together!



Parks & Recreation  
30 Twin Pines Lane  
Belmont, CA  
650-595-7441  
[www.belmont.gov/parksandrec](http://www.belmont.gov/parksandrec)



20 Twin Pines Lane  
Belmont, CA  
650-595-7444  
[www.belmont.gov/adults](http://www.belmont.gov/adults)

**"Enhancing the quality of life for the community."**

**WOULD YOU LIKE TO STOP RECEIVING THIS KIT? CALL 595-7444.**

# WELLNESS CHECK-IN

## ISOLATED, BORED AND FEELING BLAH?

The Covid-19 pandemic has changed our lives; we are now in isolation and wondering how long this will last. You may worry about getting sick, just watching the news brings on anxiety or just feeling a bit depressed about the whole situation. But there is hope! It starts with self-care. Self-care is not selfish, it's essential. There are many things you can do to take charge of your life and nourish your mental and physical health.

### YOUR BODY

Eat healthy. Avoid binge eating junk food! Chips and candy may taste good, but they are not giving your body the fuel it needs to feed good.

Get enough sleep. Try to stick to a sleep schedule so your body is rested and energized.

Exercise. You gotta keep moving! What do you like to do? Walk, dance, bike ride, stretch---don't just sit there, do it. Check out the many exercise programs on television or the internet.

Relax and recharge. Take time for yourself every day. Do whatever helps you relax. Something as simple as reading, listening to music or taking a bath calms the mind and body. Try deep breathing, Tai Chi, Yoga or Meditation. These are all proven to promote wellness.

### YOUR MIND

Keep to a routine. Mealtimes, bathing, getting dressed, exercise. It is best to stick with a routine and not get lazy.

Limit exposure to the news. It is fine to keep up with the news but limit the amount of time you spend watching and reading news. It can be overwhelming if consumed in large quantities!

Stay busy. Make a list of things that you have been putting off and start working on it. Continue to pursue your interests and hobbies. Staying active reduces boredom and anxiety.

Plan something. Everyone needs something to look forward to, even you! Why not plan something that excites you. Perhaps it is a walk in a new area, a special meal or a "stroll" down memory lane with a friend.

Think positive. It's not all doom and gloom. Focus on the positive things in your life. Throughout history, man has overcome many a tough time and we will get through this. Keep a sense of hope and find joys in each day. You can even write down your thoughts.

### YOUR SOCIAL CIRCLE

Stay connected to family, friends and neighbors. Although you miss getting together with others and enjoying the activities you once shared, there are other ways to stay connected. You know what they are. So, don't wait to call, write or email that friend you haven't heard from in a while.....every day is a good day to connect with someone.

Hugs and handshakes are out. Smiles and warm thoughts are in. If you see someone on your walk, why not smile and wave to them? Although you can't see them smiling back because they are wearing a mask, reaching out and connecting with others, even in a small way, boosts spirits.

There is no doubt, we are living in a challenging time. Practicing self-care and having a positive outlook are steps to minimize the blahs you may be feeling. When you wake up each day, put your best foot forward and find joy.

RESOURCE LINE FOR SERVICES OR ASSISTANCE: San Mateo County Aging and Adult Services 24 hour hotline: 1-800-675-8437

## Apply for a free generator for your home!

During wildfire season, there is a high probability that PG&E Will shut off power for a temporary period. But what if you have a medical condition or equipment that will put you at risk if power is lost? Through the Self-Generation Incentive Program (SGIP), PG&E provides financial incentives for customers installing new, qualifying equipment for generating and storing energy for their homes. Typically, a customer who applies for SGIP receives the rebate once the project is complete, which requires the customer to pay the upfront costs for the project. This new financial assistance pilot for SGIP ensures eligible customers do not pay any costs for buying and installing a home battery storage system.

To qualify for the pilot, residential customers need to:

<ul style="list-style-type: none"> <li>• Be on the Medical Baseline Program; and/or</li> <li>• Have notified PG&amp;E of a medical condition that could be life-threatening if power is lost; and/or</li> <li>• Be income-qualified customers who live in low-income residential housing as explained at <a href="http://www.pge.com/sgipeligible">www.pge.com/sgipeligible</a>.</li> </ul>	AND	<ul style="list-style-type: none"> <li>• Live in a tier 2 or 3 High-Fire Threat District as defined by the CPUC and found at <a href="https://ia.cpuc.ca.gov/firemap/">https://ia.cpuc.ca.gov/firemap/</a>; OR</li> <li>• Had their power turned off for safety as part of a Public Safety Power Shutoff (PSPS) event two or more times.</li> </ul>
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For information, call 1-877-743-4112, ext. #4, then ext. #3

## HICAP– Health Insurance Counseling and Assistance Program

HICAP of San Mateo County has been able to continue providing unbiased Medicare counseling to Medicare beneficiaries. Counselors can provide advice over the phone and also provide online presentations about Medicare.

Medicare beneficiaries can call (650) 627-9350 to receive counselling or go to the website [hicapsanmateocounty.org](http://hicapsanmateocounty.org)

## NEW! GRAB and GO LUNCHES

Did you know that you can enjoy a nutritious delicious meal and not have to do the dishes? A new Grab and Go lunch service for persons age 60 and over will begin on September 8<sup>th</sup>. These chef prepared meals will be available for pick up at the Twin Pines Senior and Community Center from 11:30-12:30 on Tuesdays and Thursdays with reservations required one week in advance. There is a suggested donation of five dollars per meal. Phone 595-7444 for more information. This service is offered in partnership with the County of San Mateo. *See page 11 for the menu & lunch policies.*

## ACROSS THE AGES: YOUTH & SENIOR PALS

Are you feeling isolated? Lonely? Bored? What is the best remedy for that? STAYING CONNECTED WITH OTHERS. And why not someone new? We can connect you with an E-Pal (email each other) or Phone-Pal (call each other) from Belmont's teen program. Call 595-7445 or email [chandley@belmont.gov](mailto:chandley@belmont.gov) to find out how you can start a rewarding friendship with one of Belmont's amazing youth.

# LAUGHTER IS THE BEST MEDICINE



Paige Kellerman ✓  
@PaigeKellerman

Parenting is having your kids reject everything you cook, and then watching the 2yo eat a dog treat and ask for another.



Kids' fall sports, 2020 edition.



RachRiot  
@RachRiot

"Hey, are you available for a Zoom meeting in 5 minutes...?"  
ME:





# TRIVIA FUN

**Look into your pantry. What spices do you have? Complete this Spices Trivia quiz and learn some great tips for cooking at the same time!**

1. This herb is a member of the Allium family and is sometimes known as "Rush Leeks". It is found in most herb gardens (and kitchens) and is a valuable source of calcium.

A) Basil B) Garlic C) Coriander D) Chives

2. The French word for this herb is "incensier". The herb is thought to be the herb of remembrance and was used in the past in funeral rites. It adds a great flavour when cooked with lamb or potatoes.

A) Rosemary B) Oregano C) Mint D) Parsley

3. This herb originates from India but is much more associated with Thai and Mediterranean cookery.

A) Parsley B) Chives C) Basil D) Mint

4. There are many varieties of this herb which grows almost out of control and should be planted in pots. It has many cleansing properties and is probably the most familiar smelling of herbs.

A) Basil B) Mint C) Tarragon D) Chamomile

5. This herb, which originates from the Mediterranean, has major antiseptic properties and was used in the past as a food preservative.

A) Rosemary B) Thyme C) Sage D) Tarragon

6. This herb is used a lot in North African and Asian cookery. Its seeds can also be used whole or ground as a spice.

A) Chamomile B) Parsley C) Coriander D) Sage

7. The botanical name for this herb is "Salvia Officinalis" and has a strong scent. It is excellent used in stuffings, as its lovely savoury flavour adds to meat.

A) Chives B) Coriander C) Garlic D) Common Sage

8. This herb is sometimes known by the names Cerefolium and French Parsley. It has a slightly aniseed flavour and it is said to have a similar aroma to that of Myrrh.

A) Oregano B) Dill C) Chervil D) Tarragon

9. This herb is related to Oregano, but has a milder flavour. It has anti-fungal properties and is used often in Italian and European cuisine.

A) Basil B) Tarragon C) Marjoram D) Clary Sage

10. This herb is most commonly associated with fish dishes, but is excellent with eggs too. It is also used to add flavour to pickles.

A) Dill B) Chives C) Parsley D) Tarragon

11. Some of the other names for this herb include "See Bright" or "Clear Eye". This may be because its seeds and leaves have been used to make ointments and washes to treat eye conditions. It is a member of the Salvia family.

A) Chives B) Clary Sage C) Bay D) Basil

12. This herb is actually a leaf from a tree or shrub. Its botanical name is "Laurus Nobilis", and other names for it are Daphne and Lorbeer. It is one of the "Herbes De Provence".

A) Parsley B) Bay C) Thyme D) Rosemary

13. This herb gives an excellent flavour to poultry dishes, and is great when used in stuffings. It has an aromatic savoury flavour and its botanical name is "Artemisia Dracunculus".

A) Oregano B) Tarragon C) Rosemary D) Common Sage

14. This herb is most famous when used as a calming tea, or as an ingredient for lightening hair. Some of the varieties found are Common, Stinking, and Corn. Its botanical name is "Anthemis".

A) Basil B) Dill C) Chervil D) Chamomile

15. The best known types of this herb are the curly and flat-leaved varieties. If chewed after eating garlic it is said to neutralise the odour and freshen breath.

A) Tarragon B) Sage C) Mint D) Parsley



# TRIVIA FUN

## Limericks & Anagrams– Unscramble the letters to find the name (First, last, or both) of these famous people

1. A talented man FANNER BLINK

Was a printer and worked much with ink  
With bi-focals and kites  
Keys and lightning filled nights  
He made swim fins so he wouldn't sink.

2. ANGRY ME is an actress quite rare

She's got mail, Proof of Life and blonde hair  
She's helped "sleepless" to sleep  
Leopold she can keep

3. SLIP SEVERELY the king of them all

Got all shook up and answered the call  
As a GI with blues  
He was oft in the news  
Girls, Girls, Girls - he was having a ball.

4. PENNALOO was quite short so they say

And one arm he kept hidden away  
Shopkeepers reviled  
'Twas seldom he smiled  
Waterloo. What a very sad day.

5. CHASEDEMIR had a bath one fine day

Emerged naked and bolted away  
With his principle found  
He kept running around  
"Eureka" was all he could say.

6. ANESE JAUNT wrote quite well it's believed

Heroes, heroines - loved and deceived  
With persuasion and pride  
And some prejudice tried  
Great success in her field she achieved.

7. TERCEL POOR wrote with style so serene

He began to Begin the Beguine  
He toiled Night and Day  
Writing songs sad and gay  
"He's the top" was the word on the scene.

8. AVIDINC was a painter to start

Though inventions then played a big part  
While he wrote in reverse  
To confound - most perverse  
La Gioconda had stolen his hear

9. LILAEGO climbed high in the tower

He was testing out gravity's power  
Objects dropped from his hand  
Watch - together they land  
'Twas decidedly his finest hour.

10. FERD ROHNY loved automobiles

Designed engines, some steering and wheels  
With Tin Lizzie on show  
Basic black was the go  
The assembly line gave folks cheap deals.

# BRAIN TEASERS

**These movie titles require a place name to complete them. Take a trip around the world to location hunt.**

1. Good Morning, \_\_\_\_\_
2. \_\_\_\_\_ Noon
3. The \_\_\_\_\_ Story
4. From \_\_\_\_\_ with Love
5. Sleepless in \_\_\_\_\_
6. The Last King of \_\_\_\_\_
7. Maid in \_\_\_\_\_
8. Sweet Home \_\_\_\_\_
9. The Grand \_\_\_\_\_ Hotel
10. \_\_\_\_\_ Buyers Club



Dallas  
Budapest  
Philadelphia  
Manhattan  
Seattle  
Scotland  
Vietnam  
Russia  
Shanghai  
Alabama

## Fun with Numbers

**What is the sum of:**

- A) The number of Little Pigs + the number of Blind Mice + the number of Peter Rabbit's brothers and sisters?
- B) Days in a Week + Months in a Year + Hours in a Day?
- C) Days in Week, according to a Beatles song + 'the loneliest number' + how many it takes to tango?
- D) "Number of Ways to Leave Your Lover" + Days of Christmas?
- E) Seasons in a year + wonders of the ancient world is?
- F) Legs on a tripod + wheels on a bicycle?
- G) Sides of a square + sides of a hexagon?
- H) Days in September + days in February during Leap Year?
- I) Digits on one hand + cat's lives + wheels on a unicycle?
- J) The loneliest number + number of Golden rings in the Christmas carol + pennies in a dollar?



# BRAIN TEASERS

Did you know that doing **brain teasers** and logic problems can improve short-term memory loss?  
The more you practice, the better you get at solving them too!

## WORD ASSOCIATIONS

Find the word that is related to each pair.

1. Earth \_\_\_\_\_ Light (Day, Red, Stop, or Blue?)
2. Father \_\_\_\_\_ Travel
3. Presidential \_\_\_\_\_ Maker (Election, Prospect, Candidate or Cabinet?)
4. Eggs \_\_\_\_\_ Arnold
5. Child's \_\_\_\_\_ Ground
6. Church \_\_\_\_\_ Tower
7. Good \_\_\_\_\_ Power
8. Hot \_\_\_\_\_ Groomer
9. Side \_\_\_\_\_ Way (Swipe, Run, Walk, or Saddle?)
10. Dead \_\_\_\_\_ Urchin

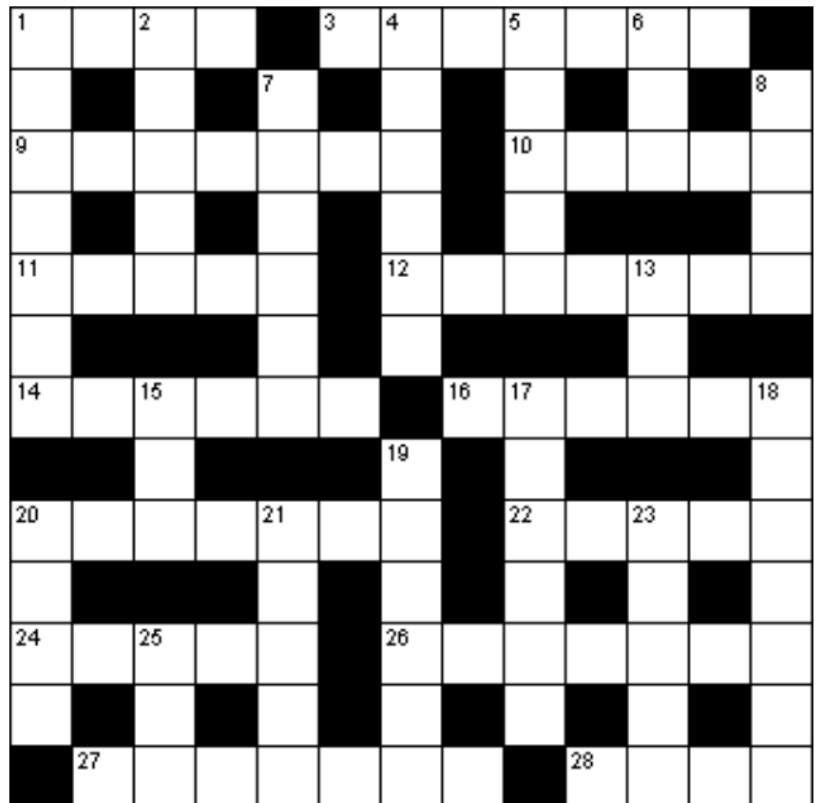
## CATCH-WORDS JIGSAW PUZZLE

### Across

1. A \_\_\_\_ in sheep's clothing (4)
3. Snakes and \_\_\_\_ (7)
9. One good turn deserves \_\_\_\_ (7)
10. Day and \_\_\_\_ (5)
11. Less \_\_\_\_ more speed (5)
12. Aided and \_\_\_\_ (7)
14. From rags to \_\_\_\_ (6)
16. No man is an \_\_\_\_ (6)
20. A \_\_\_\_ audience (7)
22. \_\_\_\_ and uncles (5)
24. \_\_\_\_ influence (5)
26. \_\_\_\_ and lightning (7)
27. Act in haste, repent at \_\_\_\_ (7)
28. A \_\_\_\_ end job (4)

### Down

1. Under the \_\_\_\_ (7)
2. If \_\_\_\_ could kill (5)
4. At home and \_\_\_\_ (6)
5. Song and \_\_\_\_ man (5)
6. Like a red \_\_\_\_ to a bull (3)
7. Say \_\_\_\_! (6)
8. \_\_\_\_ poker (4)
13. \_\_\_\_ and sympathy (3)
15. \_\_\_\_ and saucer (3)
17. The \_\_\_\_ quo (6)
18. To achieve the \_\_\_\_ effect (7)
19. A red \_\_\_\_ day (6)
20. Join the \_\_\_\_ (4)
21. Any more bright \_\_\_\_? (5)
23. A \_\_\_\_ and a wink (5)
25. Do or \_\_\_\_ (3)





# Herb Trivia Answers

1. Chives are part of the onion family, but their flavour is fairly mild. They are traditionally added to cream cheeses and soured cream and add a new dimension. Chives, like Garlic and Onion, are thought to have a beneficial effect on the blood pressure and heart. Chive oil has excellent anti-bacterial properties.
2. Wild Rosemary was used as a substitute for incense by the poor in Ancient Greece (hence its French name). This herb has many superstitions associated with it, including the ability to attract elves and being a preservative of youth when worn as a necklace! It is also said to ward off evil spirits and provide a good night's sleep if a sprig is placed under your pillow.
3. "Tulsi" is the Hindi name for Basil, and it means "Sacred Basil"; in Greece the word for Basil means Royal. The Thai variety of Basil adds a great flavour to Thai green curry paste and in Italy Basil is the main flavouring of pesto. It is also a fantastic addition to tomato sauces and dishes.
4. Some of the different varieties of mint are: chocolate mint, Spearmint, Peppermint, and Catmint. Mint gets its cool refreshing properties from menthol, the oil found within the plant. Most of us are familiar with minty flavours from toothpastes and chewing gum, but it is also great with lamb and in drinks such as Peppermint Tea or Mint Juleps. It is excellent in preparations for sunburn, and sucking a mint or sipping Creme De Menthe can help with excess gas or heartburn.
5. An excellent herb to use in chicken dishes, it's great when added to roast potatoes. The oil from the herb has anti-septic properties and in ancient Egypt it was used as a preservative for mummies. In the past when Thyme was added to vinegar and applied directly to the head, it was said to be an excellent cure for headaches.
6. Coriander is also known as cilantro. The leaves and stalks are used in Thai cooking, and are added to couscous in Morocco. It is also a great flavour to add raw to green salads. It was traditionally thought to be an aphrodisiac, and is still used in Egypt and India for its healing and restorative properties.
7. There are several varieties of Sage, all part of the Salvia genus. When taken as an infusion, or tea, the herb can help digestive disorders. It has also been used as a headache cure, and when the oil from the plant is added to boiling water and used as an inhalant it can clear blocked airways.
8. Like many of the herbs here, Chervil was used in the past to cure many ailments. A poultice of chervil should be applied to aching joints, a drink made with chervil was thought to be a good cure for hiccups, and at one point it was even thought effective against the battle with the plague. Chervil is excellent in egg dishes and when added to vegetables. It is also one of the French "Fines Herbes" - tarragon, parsley, chervil, and chives.
9. Marjoram is both an antiseptic and antioxidant. In the past it was used to treat conjunctivitis and asthma, but was not a great success. Marjoram is excellent when added to soups and stews and is great in stuffings for roast meat.
10. Dill gets its name from the Norse word "Dilla", which means "to lull". The herb was so named because its seeds are thought to have a sedative effect when made into a tea, or infusion. In the past Dill was thought to make those who ate it intelligent, as it was thought to be ruled by the planet Mercury.
11. Clary Sage had many medicinal uses in the past, including a purgative and a headache cure. It was also applied to swellings and was thought to lessen them. It is related to Common Sage and its botanical name is Salvia Sclarea.
12. There are many recipes for "Herbes De Provence", but it is basically Bay Leaves, Parsley, Sage, Thyme, and Rosemary. The Bay Leaves come from the Sweet Bay Tree and the best specimens of the tree are in Southern Europe. The oil from Bay leaves and berries has been used in the past as a cure for earache or to heal bruises. Tea made from bay leaves is thought to be calming and was also used in the past as a cure for stomach upsets.
13. There are two main types of Tarragon. The French has a strong flavour and the Russian is milder and much less aromatic. Tarragon is the correct flavouring for an authentic Tartare Sauce. Other names for this herb are "Little Dragon" and "Mugwort".
14. The Greeks called Chamomile "ground apple", because of the particular apple scent of the flower. Not only is chamomile beneficial to the health of humans, but it is thought to promote a healthy garden too. An ailing plant is thought to recover if a chamomile is placed by it. Benefits to humans are as a natural sedative, a cure for gout, and a cure for many digestive ailments.
15. Parsley tea, made from an infusion of the leaves, or an extract of the root, is thought to be excellent for kidney complaints, and was used by soldiers in the trenches in WW1 as a natural remedy. Parsley was an ingredient of many "pick-me-up" tonics in the past, and is also a great treatment when applied to bites and stings.

# Answers

## LIMERICKS AND ANAGRAMS ANSWERS

1. Ben Franklin (1706 - 1790) worked as a printer as a young man. He had a prolific mind and soon turned to inventing. He developed bifocals and swim fins. He experimented with electricity using a kite with a key on its string in a lightning storm.
2. Meg Ryan (1961) has had a series of movie hits including "You've Got Mail" (1998), "Proof of Life" (2000), "Kate & Leopold" (2001) and "Sleepless in Seattle" (1993).
3. Elvis Presley (1935 - 1977) was dubbed the King of Rock 'n' Roll and had many song hits including "All Shook Up" (1957). Elvis was inducted into the army in 1958 and served a tour of duty in Germany. The song - "GI Blues" was released in 1960 to capitalize on what many fans considered a disastrous situation. "Girls! Girls! Girls!" (1962) was one of Presley's many movies.
4. Napoleon Bonaparte (1769 - 1821). Napoleon I - emperor of France - was not a tall man and some of his most famous images show him with one arm tucked from view. He caustically referred to the English as a "nation of shopkeepers" but was finally defeated by Wellington at the Battle of Waterloo in 1815.
5. Archimedes (287 - 212 BC) was a Greek mathematician and inventor. He purportedly discovered his principle while taking a bath. In essence it states "When a body is wholly or partly immersed in a fluid, it experiences an upthrust or buoyant force equal to the weight of fluid it displaces." The story claims he was so excited at the discovery that he leapt naked from his bath and ran through the streets shouting "Eureka".
6. Jane Austen (1775 - 1817) wrote six insightful and witty novels. They include "Pride and Prejudice" (1813) and "Persuasion" (1818).
7. Cole Porter (1893 - 1964) was a composer and lyricist. "Begin the Beguine" was from the play "Jubilee" (1935). "Night and Day" featured in "The Gay Divorcee" (1932) and "You're the Top" was a hit from "Anything Goes" (1934).
8. Leonardo da Vinci (1452 - 1519). Besides his painting - da Vinci was a prolific inventor and engineer. To preserve some secrecy in his written work - da Vinci used mirror writing - totally reversed script that reads correctly in a mirror. La Gioconda, wife of Francesco del Giocondo was the real name of Mona Lisa - the subject of his most famous portrait.
9. Galileo (1564 - 1642) studied the laws of falling bodies by dropping objects of different weights from the Leaning Tower of Pisa. He disproved Aristotle's theory that the rate of fall is proportional to the weight, when his objects landed at exactly the same time.
10. Henry Ford (1863 - 1947). After founding Ford Motors in 1903, Ford released the Model T or "Tin Lizzie" in 1908. He insisted buyers could have the car in any color - as long as it was black. Ford also introduced the conveyor belt assembly line in 1913.

## MOVIE-LOCATION MATCHING ANSWERS:

1. Vietnam 2. Shanghai 3. Philadelphia 4. Russia 5. Seattle 6. Scotland 7. Maid in Manhattan 8. Alabama 9. Budapest 10. Dallas

## FUN WITH NUMBERS ANSWERS:

- A) 3 Little Pigs, 3 Blind Mice, 3 brothers & sisters B)  $7 + 12 + 24 = 43$  C) 8 Days a Week + One + Two = 11 D)  $50 + 12 = 62$  E)  $4 + 7 = 11$  F)  $3 + 2 = 5$  G)  $4 + 6 = 10$  H)  $30 + 29 = 59$  I)  $5 + 9 \text{ lives} + 1 = 15$  J) One + 5 + 100 = 106

## WORD ASSOCIATIONS ANSWERS

- 1) Day 2) Time 3) Cabinet 4) Benedict 5) Play 6) Bell 7) Will, or Girl 8) Dog 9) Walk 10) Sea

## CROSSWORD PUZZLE ANSWERS

W	O	L	F		L	A	D	D	E	R	S	
E		O		C		B		A		A		S
A	N	O	T	H	E	R		N	I	G	H	T
T		K		E		O		C				U
H	A	S	T	E		A	B	E	T	T	E	D
E				S		D				E		
R	I	C	H	E	S			I	S	L	A	N
		U				L		T				E
C	A	P	T	I	V	E		A	U	N	T	S
L					D		T		T		U	I
U	N	D	U	E		T	H	U	N	D	E	R
B		I		A		E		S		G		E
	L	E	I	S	U	R	E		D	E	A	D